

JEWELRY

Exploring Polymer Clay

Work with polymer clay to imitate ancient ivory, jade, lapis lazuli and other natural materials, and learn elegant yet simple surface treatments such as patinas and tattoo-like transfers. Topics: properties of different clays, tools, color mixing, surface techniques and finishing techniques. See website for supply list. Bring all materials to the first class. Fee: \$130

Item W9453 M. Arnold MAIN, C160
2 sessions SaSu Jan 14 - Jan 15 9:00am - 3:00pm

Glass Beadmaking: Beginning

Work with a lampworking torch and glass rods and leave class with an assortment of colorful, handmade glass beads created by you! Demo and work time are balanced, with as much one-on-one instruction as possible. Tuition includes supplies and lab fees. Wear long-sleeved cotton clothing and no open-toed shoes; bring a sack lunch. Fee: \$225

Item W9451 J. Griffin MAIN, C160
2 sessions SaSu Jan 7 - Jan 8 9:00am - 3:00pm

Glass Beadmaking: Continuing

Ready for new glass-beadmaking challenges? Focus on new surface applications and embellishment, including laticino, ribbon cane, silver foil, decorating with dichroic glass, surface manipulation, encasement and troubleshooting difficulties. Ample torch time for individual projects. Wear cotton clothing and no open-toed shoes; bring a sack lunch. Fee: \$225

Item W9471 J. Griffin MAIN, C160
2 sessions SaSu Feb 25 - Feb 26 9:00am - 3:00pm

Jewelry for Beginners

Learn the basic jewelry fabrications skills to create a ring, earrings, pendant, or bracelet using semi-precious stones and sterling silver. Basic techniques of soldering, filing, cutting, forming wire and sheet metal, polishing and texturing and bezel setting a cabochon-cut gemstone. Tuition includes some supplies, additional supplies necessary depending on project. Leave class with a completed piece. Class taught by a professional jewelry designer. Fee: \$225

Item W9514 C. Skelly MAIN, C160
3 Sundays Mar 4 - Mar 18 9:30am - 5:30pm



Espresso • Breakfast

OPENING WINTER QUARTER

Personal Enrichment

Business and Finance32
Cooking33
Health and Fitness33
Home and Garden33
Personal Development.....31
Special Offerings 31

Special Offerings

An Introduction to Fly Fishing *New!*

Have you always wanted to learn how to fly fish but are unsure on how to get started? In this course students are introduced to the entomology, habitat, knots, casting techniques, basic fly tying, stream reading and equipment needed to begin fly fishing. By the end of the course students will know the basics of fly casting, stream reading, and they will have the basic knowledge of when, where, and why to fish. Fee: \$165

Item W8978 R. Lange NORTH, V1122
10 Saturdays Jan 14 - Mar 17 9:00 - 11:00am

Mystery Shopping

Yes, you can receive a free meal! Owners will actually pay you to visit their retail store, restaurant, bank or casino. You simply observe and report back. You are your own boss, able to earn extra income and work when you wish. Leslie Klein, an experienced mystery shopper who does over 100 shops a year, will show you how to get started and tell you who's currently hiring in Seattle. Increase your mental, writing, acting and observation skills. If you want a fun part-time job, this is it! Fee: \$49

Item W8955 L. Klein NORTH, V1110
1 Saturday Feb 4 9:00am - noon

Professional Bartending

Become a licensed bartender! Learn how to mix, measure and master more than 100 of today's most popular cocktails--from Electric Iced Teas and Smith & Wesson's to Apple Martinis! Topics: free pouring/layering techniques, bartending terms, job searching and serving in a safe/responsible manner. No prior liquor knowledge required; must be 18+. Course includes licensing class, no need to register for both. Fee: \$189

Item W8971 L. Ronnestad NORTH, V1100
4 Tuesdays Feb 21 - Mar 13 6:00 - 9:00pm
Last class on 3/13 runs until 9:30pm.

Professional Bartending: Licensing Permit 12 or 13

Learn the legal aspects of responsible alcoholic beverage service for bartenders/servers. Topics: how much to serve, when to stop serving, and the legal responsibilities of restaurants/bars/individuals in the service industry. Meets the requirements for licensing by the State of Washington and is a required class for anyone working as a professional bartender/server. Licenses will be granted by the Washington State Liquor Control Board and will be awarded to students upon successful completion of this class. No prior bartending or liquor knowledge is needed. Fee: \$33

Item W8972 L. Ronnestad NORTH, V1100
1 Tuesday Mar 13 6:00 - 9:30pm

Self-Defense 101 for Women

Learn to recognize threatening situations, express your boundaries, and--if necessary--physically enforce them. Topics: recognizing assailant ploys/manipulations and how to thwart them; practicing releases from common grabs; making decisive strikes to vital targets; and assessing risks. Come prepared to challenge yourself. Fee: \$127

Item W8963 J. Factor NORTH, V0100
5 Saturdays Jan 28 - Feb 25 1:30 - 3:30pm

The Story of American Art

Join us for a fun and relaxed history of painting in the U.S. From the colonial period through a juxtaposed comparison of European trends, we will discover the shift of avant-garde painting from Paris to New York in the 1940s and 50s. Many important artists and teachers emigrated to America during WW II, helping to launch the New York School of Painting and the Abstract Expressionist movement. Some artists covered, Copley, Homer, Hopper, Gorky, Pollock and many more. This is a lecture class and is a great intro for an upcoming trip to N.Y.C or Washington D.C. Fee: \$145

Item W8977 E. McLaughlin NORTH, V1118
6 Thursdays Feb 9 - Mar 15 6:30 - 9:00pm

Personal Development

A Chance to Trance: Discover Hypnosis for Goal Achievement

Everyone can be hypnotized and learn to focus their own unconscious minds in powerful ways to achieve their goals. If you've ever wondered what trance is like, here's your chance to experience hypnosis first hand and be guided through an ingenious process of goal manifestation by Master Hypnotist & Licensed Trainer of NLP, Connie Brannan. Bring a pillow, if you like, and bring a goal for your life success! Fee: \$39

Item W8974 C. Brannan NORTH, V1100
1 Wednesday Mar 14 7:00 - 9:00pm

Begin & Continue Conversations

Ever wonder why some conversations just happen, when others fall short? Then it's time to explore the anatomy and patterns of a conversation. From what to say and how to say it to strategies for putting yourself and others at ease. Learn how professional networkers breathe life into awkward silences and strike up conversations with people they don't know. Enjoy an evening of conversation and exercises to help you build your skills for years to come. Great for business and pleasure. Fee: \$49

Item W8964 R. Gilbert, Ph.D. NORTH, V1100
1 Wednesday Feb 29 6:30 - 9:30pm

Brain Basics for Adult Learners

Learn what makes your brain tick, how "Deep Practice" improves learning, what makes "experts" expert, and why passively sitting back can be harmful to your brain. We'll explore the role physical fitness plays in learning, why exercising your brain is as important as exercising your body, and how understanding your brain and how it works can help you choose learning strategies that maximize your own personal success. Fee: \$49

Item W8965 R. Gilbert, Ph.D. NORTH, V1100
1 Wednesday Mar 7 6:30 - 9:30pm

Building Confidence and Self-Esteem Through Self-Hypnosis

Do you fear public speaking, presentations or approaching an attractive member of the opposite sex? Do you have an overall feeling of low self-esteem? Learn how to feel confident, comfortable and competent with a high level of self-esteem through self-hypnosis. Success is just a trance away! This experiential workshop is conducted by Connie Brannan, CHT, Clinical Hypnotherapist, Professional Conversational Hypnotherapist and Licensed Trainer of Neuro-Linguistic Programming™. Fee: \$89

Item W8959 C. Brannan NORTH, V1100
2 Wednesdays Feb 15 - Feb 22 6:30 - 9:30pm

Calming Down: A Self-Management Course for Adults and Teens

Gain personal effectiveness and self-esteem with a positive life attitude. Explore the causes of rage, anger and/or anxiety, and learn ways to "reframe" and develop a less-reactive way of life. Roberta Macdonald, MA is an educator and therapist, and is court-approved for anger management. This course may satisfy some court orders. Fee: \$105

Item W8973 R. Macdonald, MA NORTH, V1021
4 Tuesdays Feb 21 - Mar 13 6:30 - 9:30pm

Exploring Past Lives

Discover the amazing odyssey of the soul as it moves in and out of physical lifetimes. Based on research with over a thousand clients plus her own experiences, Mary Lee LaBay brings you the latest

information concerning what happens when we die, how we choose our lifetimes, experiences between lives, and so much more. Half of the class time will be spent in an experiential visualization that allows you to safely explore one or more of your own past lives. Fee: \$39

Item W8966 M. LaBay NORTH, V1100
1 Thursday Mar 8 7:00 - 9:00pm

Figure Out What You Want and Get it!

Imagine living a life you really want! In this class, you will discover what you really want out of life and work to design a plan to achieve that life. You will also learn and practice the three keys to staying motivated and committed to following your path to an exciting life. It is never too late to begin a life filled with passion! Fee: \$49

Item W8970 L. Roddis NORTH, V1122
2 Tuesdays Mar 6 - Mar 13 6:30 - 8:00pm

Freedom From Emotional Eating

We overeat and keep ourselves heavy for remarkably important reasons and not because we lack willpower. Begin to uncover what your underlying reasons are and turn them around! Discover a refreshing strategy of eating to ensure your body's support in losing fat without dieting. This liberating workshop is facilitated by a nutritionist and certified professional coach. Bring a sack lunch and be prepared to have a breakthrough. Private follow up coaching session is included. Fee: \$79

Item W8952 D. Holz NORTH, V1128
1 Saturday Jan 21 10:00am - 5:00pm

Intuition and Self-Discovery

Discover new and useful aspects of your Self as you explore your inner world. Using hypnosis and guided visualization, Mary Lee LaBay will lead you on a journey through your imagination to discover messages from your own subconscious, strengthen your intuition and explore a past life. This is an evening devoted to experiential visualization and transpersonal exploration. Students are encouraged but not required to bring a blanket and pillow. Fee: \$39

Item W8956 M. LaBay NORTH, V1100
1 Friday Feb 10 7:00 - 9:00pm

Staying Self-Motivated: 12 Keys

Staying motivated is central to everything positive you want to have, do and be in your life. We know what we need to do in order to accomplish our objectives--but how do we keep "on task"? What motivates you? How do you stay focused? Learn to stay motivated, even through discouraging times, and create a drive that doesn't drive you over the edge. Feed your self-esteem and self-worth and get up each day with enthusiasm and confidence. Fee: \$39

Item W8954 K. Scott NORTH, V1100
1 Thursday Feb 2 6:30 - 8:30pm

Business and Finance

Create a Website for Fun, Profit and Business

No programming skills required! Discover easy-to-use design tools that you can use to build a basic site in 60 minutes. Learn the do's and don'ts, tips and traps of website design. Covers the best techniques to get your site noticed and ranked by the top search engines, and how to create pay-per-click ads. Discover Internet market research tools to determine what to sell and what to avoid. Also learn how to create a money generating affiliate website with no products required. Optional workbooks available for purchase at the bookstore. Taught by an award-winning instructor and published author. Lecture. Fee: \$97

Item W8958 K. Boyd NORTH, V1102
2 Sessions T W Feb 14 - Feb 15 6:00 - 8:30pm

eBay I: The Basics of Selling

Whether you simply want to get rid of "stuff," desire additional part-time income or run a serious eBay business, this class is your foundation. Learn how to set up an eBay Seller account, create successful listings, upload photos and accept credit card payments with PayPal. Included are selling "Tips, Tricks and the Traps" to avoid, market research analysis, shipping costs, and where to get free shipping supplies. Taught by award-winning eBay instructor and author. This is an eBay sanctioned presentation and includes a \$30 workbook. Lecture. Fee: \$79

Item W8957 K. Boyd NORTH, V1125
1 Monday Feb 13 6:00 - 9:00pm

Essential Retirement Seminar *New!*

Learn the important practices, strategies, disciplines and behaviors that are essential for retirement success. This course is intended for individuals who are in the final stages of their careers, anticipate retiring in the next 5 years and have some knowledge of investments and benefits. Through a combination of lecture, in-class exercises and post session self-assessments, the course breaks down common misperceptions about retirement investment management and discusses proven practices that can greatly enhance a retiree's long term results. See website for course pre-work. Fee: \$79

Item W8951 G. Williams, R. Palmer NORTH, V1100
1 Thursday Jan 12 6:00 - 10:00pm

Investing 101: Money, Math and Behavior

What works in investing is much simpler than what the media or financial services industry portrays. This class covers the fundamentals: saving and spending, diversification and tax-efficiency, risk and return. Learn how to invest effectively and achieve your financial goals with confidence and peace of mind. Fee: \$135

Item W8962 L. Vignec NORTH, V1021
4 Thursdays Feb 2 - Feb 23 7:00 - 9:00pm



Is it a Real Work at Home Job or a Scam?

If you need extra ways to supplement your income but can't figure out what is legitimate, then this class is for you! Learn how to track emails, trace IP addresses and research companies, giving you confidence to recognize scammers from legitimate work. You will receive over 170 resources on how to make extra income as well as over 140 legitimate companies that hire at-home workers. Internet and email familiarity is required. Course fee includes \$25 book with listings. Fee: \$59

Item W8953 B. Mooradian NORTH, V1102
1 Tuesday Jan 24 6:30 - 9:30pm

Health and Fitness

MARTIAL ARTS AND T'AI CHI

Bruce Lee's Jeet Kune Do Concepts

Jeet Kune Do is a hybrid martial arts system and life philosophy founded by world renowned martial artist Bruce Lee. It brings together elements of American Boxing, French Fencing and Grappling. This course combines interactive partner based Jeet Kune Do training with functional fitness training. Learn to apply these elements through live, dynamic training and safe, supervised sparring. This class moves at a fast pace and some previous martial arts experience is recommended. Fee: \$189

Item W8976 M. Lange MAIN, R014
10 Thursdays Jan 12 - Mar 15 6:30 - 8:30pm

Chen Style Hunyuan Taiji 48 Form: Continuing

The 48 Form, devised by Grandmaster Feng Zhiqiang, and taught to the instructor by Feng's student, Madame Gao Fu, has the elements of both the first and second sets of the traditional long Chen forms. Learn the form as well as the principles of Taiji in the traditional Yang style forms. Stances are generally lower and the movements are larger than the traditional Yang style forms. Fee: \$159

Item W8975 K. Wright NORTH, V0100
10 Thursdays Jan 12 - Mar 15 6:00 - 7:10pm

Wudang Qigong Taiji: Beginning

Wudang martial arts are famous for their graceful movements and tremendous healing / fighting power. This 27 movement ancient Taiji form follows internal organs and meridian/points theories in Chinese Medicine. It helps to promote qi/blood circulation, strengthen bones, muscles and tendons, and apply techniques in self defense. Push Hands training is emphasized. Instructor is a Wudang Dan School disciple & international Internal Martial Arts champion. Fee: \$159

Item W8967 M. Lu MAIN, R014
10 Fridays Jan 6 - Mar 9 6:30 - 7:30pm

Wudang Qigong Taiji: Continuing

Continue to develop your skills and understanding of this 27 movement ancient Taiji form. Wudang martial arts are famous for their graceful movements and tremendous healing / fighting power. It follows internal organs and meridian/points theories in Chinese Medicine and helps to promote qi/blood circulation, strengthen bones, muscles and tendons. Push Hands training is emphasized. Instructor is a Wudang Dan School disciple & international Internal Martial Arts champion. Prerequisite: some prior experience with Taiji form. Fee: \$159

Item W8968 M. Lu MAIN, R014
10 Fridays Jan 6 - Mar 9 7:35 - 8:40pm

YOGA

Gentle Yoga for People of Size

Hatha Yoga class in the Iyengar Style emphasizing stretching, mobility, strength training. Learn individually and in groups. Explore self direction and gain accurate information about your body. Bring a "sticky" mat, two 1" blocks and a stretchy strap to the first class (available where yoga supplies are sold). Bring water and refrain from eating for two hours before class. Fee: \$89

Item W8979 M. Hanneman NORTH, V0100
6 Mondays Jan 23 - Mar 5 6:15 - 7:15pm
No class 2/20

Yoga for Every Body

This non-intimidating class encourages beginners as well as experienced yoga students to work at their own level. Emphasis is on breath, stress reduction, increased flexibility, joint stability/mobility, conditioning core muscles and overall body strength. Class ends with relaxation, leaving you feeling refreshed and connected. Fee: \$145

Item W8969 H. Campbell PLCC
10 Mondays Jan 9 - Mar 12 6:15 - 7:15pm
Pine Lake Community Center, 21333 SE 20th, Issaquah

Yogalates on the Ball

For those looking to have fun learning both Pilates and Yoga poses on the ball, with an emphasis on strengthening and core realignment. Bring water, a yoga sticky mat, two 1" blocks, a stretchy strap and an exercise ball (available where yoga supplies are sold). Refrain from eating two hours before class. Fee: \$89

Item W8980 M. Hanneman NORTH, V0100
6 Mondays Jan 23 - Mar 5 7:30 - 8:30pm
No class 2/20

Cooking

Everyday Italian

Iole brings you exquisite pasta dishes that are quick to fix and make the perfect meal anytime. On the menu are Bucatini al Carbonara with pancetta, parsley and eggs; Matriciana with gemelli pasta, smokey bacon, sweet onions and tomatoes; Penne al

Balsamico, with pine nuts, basil, garlic and balsamic vinegar; Bow Tie pasta with cauliflower, garlic, parsley and red crushed pepper. Fee: \$59

Item G8950 I. Aguero PCC
1 Tuesday Mar 27 6:30 - 9:00pm
PCC Natural Markets, 1810 12th Ave NW, Issaquah

Extraordinary Eggs: Brunch and Beyond **New!**

Explore the versatility of eggs with Chef Susan Kalin as she prepares a number of dishes that make for a fabulous brunch with friends or a cozy family dinner. On the menu: Baked Eggs with Zucchini Ragout, Fresh Asparagus and Herb Baked Egg Casserole, French Toast Fruit Cobbler and Sunset Salad with Mimosa Vinaigrette. Fee: \$59

Item W8981 S. Kalin PCC
1 Tuesday Jan 31 6:30 - 9:00pm
PCC Natural Markets, 1810 12th Ave NW, Issaquah

Zuppa Italiana!

Ward off the chill of winter with a hearty bowl of soup...Italian style! Join Iole in the kitchen as she creates three favorites: Tuscan Bean soup with rosemary and sage, Pasta Cauliflower soup, and butternut squash soup with pasta. Save room for the Apple Custard Tart! Fee: \$59

Item W8982 I. Aguero PCC
1 Tuesday Feb 28 6:30 - 9:00pm
PCC Natural Markets, 1810 12th Ave NW, Issaquah

Home and Garden

Landscape Design

Maximize the beauty, value and enjoyment of your yard! Equal parts theory and practical tips, this class employs slides, lectures and a tour of the Bellevue College campus to examine plant specimens. Topics: grading, plantings, lawns and entertainment areas. Analyze your own site and work with the instructor to create a unique new plan for your property. Instructor holds a degree in landscape architecture and is a specialist in native plants. Fee: \$175

Item W8960 B. Constantine MAIN, S224
6 Wednesdays Jan 18 - Feb 22 7:00 - 9:30pm

Personal Organizing and Clutter Clearing

Find that letter, reclaim the counter tops and feel at home in your world! Come and create strategies for change and discuss concrete methods for tackling clutter and chaos. Learn clutter clearing and simple organizing principles to help you break old patterns, learn new organizing skills and develop filing systems that work for you. Fee: \$49

Item W8961 R. Ross NORTH, V1100
2 Thursdays Feb 16 - Feb 23 7:00 - 8:30pm

REGISTER BEFORE
Dec. 27

SAVE
THE \$10 REGISTRATION FEE!